

free

Be inspired with beef and lamb

meat

Issue 22 Spring

***Spring into
everyday meals***

Mince

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DINNER HERO

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NEW ZEALAND BEEF AND LAMB: NATURE'S POWER PACK

Quality ingredients are a vital part of any recipe and when it comes to selecting the very best quality beef and lamb, you need look no further than the New Zealand Beef and Lamb Quality Mark.

Established in 1997, the Quality Mark is your assurance the beef and lamb you buy is New Zealand grown, consistently lean and tender. Only beef and lamb that has met the highest quality standards in tenderness, food safety and animal welfare can hold the Quality Mark.

The recipes in this issue of mEAT Magazine all use lean New Zealand Quality Mark beef and lamb, which

are important sources of iron, zinc, vitamin B₁₂ and quality protein, making them wholesome choices to nourish you and your family.

To be confident you're buying the very best New Zealand has to offer, look for the New Zealand Beef and Lamb Quality Mark. If it makes the cut, it earns the Mark. Why would you choose anything less?



**Tough Standards.
Tender Results.**



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With spring finally here and a wet and cold winter behind us we couldn't be more excited to bring you our very first edition of the spring mEAT magazine. With the ever growing popularity of this publication, we have increased the number of issues from three to four per year to match the seasons and the demand. Makes sense right?

As well as longer days and warmer temperatures, a Kiwi spring brings us an array of delicious produce. In this issue, we have paired these vibrant vegetables with Quality Mark New Zealand beef and lamb to deliver eight recipes packed full of flavour.

If you are short on time, try our Beef Skewers with Asian Slaw on page 6. On the table in under 30 minutes, these skewers are flavoursome and perfect for the impending warmer evenings. Our Kiwi Lamb Cutlets on page 7 are another quick, no fuss recipe with a citrus twist sure to satisfy any appetite.

Mince is one of the most popular and versatile cuts, and a staple in most kitchens. So with this in mind we have included two mince recipes in this issue to kick start your inspiration. Our On Top of Spaghetti on page 10 is an uncomplicated and nourishing meal, that the kids will love. Our cover recipe - Mexican-Style Mince on page 11 is great served with just about anything. Perfect for when you want a relaxed meal or just feel like something that tastes amazing.

We hope you enjoy the recipes in this issue as much as we do. Happy cooking.

The team at Beef + Lamb New Zealand

BEEF + LAMB
NEW ZEALAND

NUTRITION TIP

New Zealand lamb provides the trifecta of immune boosting nutrients – zinc, vitamin B₁₂ and iron.



Spring Lamb Bowl

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 15 MINS

This recipe pairs tender lamb rump with braised spring vegetables to deliver a complete meal that tastes sensational. A combination of lemon, garlic and a garnishing of marjoram - could it get any better?

Lamb

3 Quality Mark lamb rumps
2 tablespoons olive oil
1 onion, finely sliced
1 carrot, cut into thin strips

Braised spring vegetables

2 cups frozen broad beans
3 tablespoons olive oil
juice of 1 lemon
4 cloves garlic, crushed
2 cups vegetable stock
1 bunch baby carrots, trimmed and scrubbed
6 spring onions, trimmed and cut in half diagonally
1 tablespoon roughly chopped sweet marjoram or oregano leaves
2 small fennel bulbs, trimmed and sliced very finely (a mandolin is good here) - reserve fronds for finishing (see tips)

Preheat the oven to 190°C.

Lamb: Place 1 tablespoon oil in a small heavy-based saucepan and place over low heat. Add the vegetables, place on the lid and cook gently until just tender. Remove from the heat, season with salt and freshly ground black pepper and set aside to cool.

Make an incision in the side of each lamb rump to create a good-sized pocket. Fill each with the cooled vegetables and hold together with a toothpick. Set aside while you braise the spring vegetables.

Braised spring vegetables: Blanch the broad beans in lightly salted boiling water for 1 minute, drain and refresh under cold water. Remove and discard the grey outer skins (see tips).

Place the oil, lemon juice, garlic and vegetable stock in a heavy-based saucepan and bring to the boil. Reduce the heat and simmer gently for about 10 minutes to allow the flavours to mingle. Add the carrots, spring onions and half the sweet marjoram and simmer for 10 minutes until the carrots are tender. Add the broad beans and sliced fennel bulbs and season with salt and freshly ground black pepper. Simmer for a further 2 minutes before adding the remaining sweet marjoram.

To serve: Place a roasting dish in the oven to heat.

Heat a frying pan over medium-high heat. Rub lamb with the remaining oil and season. Place in the hot pan and brown on all sides. Transfer lamb to the hot roasting dish and roast for 10-12 minutes for medium-rare lamb, or 15 minutes for lamb that is no longer pink. Remove from the oven, cover loosely with foil or baking paper and a clean tea towel and leave to rest for 10 minutes.

Slice lamb across the grain of the meat and serve with the braised spring vegetables, all their juices and roughly chopped fennel fronds.

Suggested cut



Quality Mark lamb rump

The following cuts also work well in this recipe.



Quality Mark lamb leg steaks



Quality Mark lamb backstrap

Tips & tricks

- + Make sure the pan is hot before adding the lamb to avoid stewing the meat.
- + Resting is an important step you should not skip. It allows the meat to relax and the juices to settle back.
- + Fennel fronds are the green feathery tops of the bulbs.
- + If cooking young, tender broad beans from your garden, there is no need to remove the grey outer skin.

Beef Skewers with Asian Slaw

SERVES 3-4 PREPARATION TIME 20 MINS COOKING TIME 5 MINS

Suggested cut



Quality Mark beef rump

The following cuts also work well in this recipe.



Quality Mark beef sirloin



Quality Mark beef scotch fillet

Tips & Tricks

- + Cut beef and bring to room temperature before skewering and placing on the barbecue.
- + Skewers can be made up in advance and kept covered in the fridge.
- + No kaffir lime leaves? Then use pieces of spring onion (omit them from the slaw).
- + When eating, use a fork to push the meat and lime leaves from the skewer and discard the lime leaves.

Beef

500g Quality Mark beef rump
6 metal or wooden skewers
12 kaffir lime leaves
¼ cup olive oil
1 small handful mint leaves, chopped, plus a few extra to garnish
1 small handful coriander leaves, chopped, plus a few extra to garnish

Asian slaw

¼ green cabbage, very finely sliced
2 carrots, grated
4 spring onions, trimmed and very finely sliced
3 handfuls mung bean sprouts
2 tablespoons sesame seeds, toasted
1 teaspoon black sesame seeds or nigella seeds, optional
2 tablespoons light soy sauce
1 tablespoon lime juice
2 teaspoons soft brown sugar
2 teaspoons sesame oil
1 teaspoon wasabi paste

Beef: Soak wooden skewers in cold water for at least 20 minutes to help prevent burning during barbecuing.

Preheat a barbecue until hot.

Cut the beef into about 2.5cm pieces. Thread 3 pieces of beef onto the soaked skewers with the lime leaves.

Mix together the oil and fresh herbs and season with salt and freshly ground black pepper. Brush liberally over the beef skewers.

Place on the hot plate and cook for 5 minutes until the beef is cooked to medium-rare.

Asian slaw: Place the cabbage, carrots, spring onions, mung bean sprouts and sesame seeds in a large bowl.

Combine the soy sauce, lime juice, brown sugar, sesame oil and wasabi in a small screw top jar and shake well. Drizzle over enough dressing to moisten the salad and toss well.

Sprinkle over the black sesame or nigella seeds, if using.

To serve: Place the Asian slaw on a large serving platter and top with the beef skewers. Scatter over the coriander and mint leaves.



under
30
MINS



Kiwi Lamb Cutlets

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 6 MINS

Lamb

- 12 Quality Mark lamb cutlets
- 1 egg
- 2 tablespoons milk
- $\frac{1}{4}$ cup flour
- 1 cup fine white dried breadcrumbs, or more if needed
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon smoked paprika (bittersweet smoked paprika is good here)
- 3 tablespoons vegetable oil

Lemon vinaigrette

- 3 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 6 tablespoons extra virgin olive oil

To serve

- baby potatoes
- leafy salad with soft fresh herbs

Lamb: Lightly beat the egg and milk in a shallow bowl and season. Place the flour on a flat plate.

Place $\frac{1}{2}$ cup breadcrumbs on a flat plate and mix through the oregano. On a separate plate, mix the remaining breadcrumbs with the smoked paprika.

Dip a cutlet in the flour, dusting off excess, then dip in the egg and finally in the oregano breadcrumbs. Repeat with 5 more cutlets, then crumb the remaining 6 with the smoked paprika breadcrumb mix.

Heat a large frying pan over medium-low heat. Add the oil, and when hot, cook the crumbed cutlets, in batches, for 3 minutes on each side. Rest and drain on kitchen paper before serving.

Lemon vinaigrette: Place the lemon juice and Dijon mustard in a bowl and season. Whisk in the olive oil until emulsified. If vinaigrette is too tart, add extra salt or sweeten with a little honey. Vinaigrette can be made in a screw top jar. Simply add all the ingredients, screw lid on tightly and shake to combine.

To serve: Serve with boiled baby potatoes and a leafy green salad mixed with a few soft fresh herbs, such as chervil, flat-leaf parsley and sweet marjoram. Dress with the lemon vinaigrette.



Suggested cut



Quality Mark lamb cutlets

The following cuts also work well in this recipe.



Quality Mark lamb loin chops



Quality Mark lamb schnitzel

Tips & tricks

- + If necessary, trim and discard excess fat from cutlets before crumbing.
- + We cooked cutlets that were about 1.5-2cm thick.
- + Lamb provides a boost of iron, perfect for your energy levels in today's busy lifestyle.
- + Experiment with different herbs in the crumb. Kawakawa (New Zealand bush basil), or mixed dried herbs would work well here.

Suggested cut



Quality Mark lamb shanks

The following cuts also work well in this recipe.



Quality Mark lamb shoulder chops (less cooking time – 1½ hours)



600g Quality Mark beef chuck steak (diced)

Tips & tricks

- + We've suggested flatbread for this recipe but you can switch it up to your favourite naan bread or rice.
- + **Slow cooker** - Lamb shanks can be cooked in the slow cooker on low for 8-9 hours. Remove any excess fat from the sauce before serving.
- + An excellent source of protein, this dish will keep you feeling full for longer.

Indian-Spiced Lamb Shanks

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 2½-3 HOURS

Lamb shanks, often slow roasted and served in a thick gravy, are given a different twist in this recipe. Here they are cooked slowly in a mix of vibrant Indian spices with a dash of fresh chilli for an extra kick.

Lamb

4 Quality Mark lamb shanks
8 cloves garlic, crushed
2 tablespoons finely grated fresh ginger
2 tablespoons ground coriander
2 teaspoons ground cumin
½ teaspoon ground black pepper
¼ teaspoon ground cardamom
1½ cups natural unsweetened Greek-style yoghurt
1 cup vegetable stock
1 green chilli, deseeded and finely chopped (or more to taste)
5cm cinnamon stick

To serve

flatbreads
Indian-style chutney
sliced green chilli
fresh coriander sprigs
green beans

Preheat the oven to 160°C.

Lamb: Place the garlic, ginger, coriander, cumin, black pepper and cardamom in a small bowl and mix to a paste with a little vegetable oil. Rub into the lamb shanks.

Heat a large frying pan over medium heat and add a dash of oil. Place in the lamb shanks and brown on both sides, then transfer to a casserole dish that fits the lamb shanks comfortably.

Pour the yoghurt and stock into the frying pan and bring to the boil. Pour over the shanks. Add the green chilli and cinnamon and cover with the lid or tin foil.

Place in the oven and cook for 2½-3 hours until the meat is almost falling off the bone. Turn shanks from time to time and season as required.

Remove from the oven and strain sauce into a wide saucepan. Bring sauce to the boil. Pour sauce over the shanks before serving.

To serve: Serve with flatbreads, Indian-style chutney and finish with a little green chilli and coriander. Green beans are good here too.



On Top of Spaghetti

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 20 MINS

Mince is a favourite in Kiwi kitchens and we think this recipe will be your new go to. Get the kids involved to help roll the meatballs and you'll have dinner served in no time - but don't expect leftovers.

Suggested cut



Quality Mark beef or lamb mince

Tips & tricks

- + Keep drained tomato juice in the fridge or freeze for another dish.
- + Serve with freshly grated Parmesan on top if wished.
- + New Zealand beef – nature's power pack of essential nutrients, protein, iron, zinc and vitamin B₁₂ to name a few.
- + We've used tinned cherry tomatoes as they're not quite in season yet. A handy staple to have in the pantry. If this dish becomes a family favourite, swap them out for the fresh variety in the summer months.
- + For hundreds of mince recipes, visit recipes.co.nz.

Beef

500g Quality Mark beef mince
1 small red onion, very finely chopped
2 cloves garlic, crushed
1 teaspoon ground coriander
1 teaspoon ground cumin
1 red chilli, deseeded and finely chopped
2 tablespoons finely chopped flat leaf parsley leaves
½ cup fresh white breadcrumbs
¼ cup seasoned flour
1 cup vegetable stock
400g can cherry tomatoes in juice, drained

To serve

400g dried spaghetti, cooked until al dente
4 good handfuls spinach, wilted

Beef: In a large bowl combine the beef mince, onion, garlic, coriander, cumin, chilli, chopped parsley and the breadcrumbs. Season with a little salt. (It is a good idea to fry off a small piece of the beef mince mixture and taste for seasoning).

Roll the beef mince mixture into about 24 small balls. Place the seasoned flour on a large flat plate. Roll beef mince balls in the seasoned flour.

Heat a dash of oil in a large frying pan and brown the meatballs, in batches, transferring to a plate as you go.

Wipe out the frying pan with kitchen paper and return the meatballs. Pour in the stock and cherry tomatoes and cover with a lid. Place over low heat and simmer for 10 minutes.

To serve: Serve hot meatballs with cooked spaghetti and wilted spinach.





LEFTOVERS?

Up the amount of chuck steak to 1kg and have enough for leftovers.

Sticky Ginger Beef

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 2½ HOURS

Sticky pull-apart beef loaded onto your favourite flat breads doesn't get much better than this. Serve with crunchy sliced vegetables, a drizzle of hoisin sauce and a scatter of toasted peanuts.

Beef

600g Quality Mark beef cross-cut blade steak, cut into 5cm pieces
1 small red onion, chopped
1 red chilli, deseeded and roughly chopped
5cm piece fresh ginger, peeled and sliced
1 cup beef stock
¼ cup beer (or use extra stock)
2 tablespoons light soy sauce
2 tablespoons soft brown sugar
½ teaspoon Chinese five spice powder

To serve

flat bread – roti or naan
sliced cucumber
sliced red radish
mung bean sprouts
mint and coriander leaves
hoisin sauce
sesame oil
toasted and chopped peanuts

Preheat the oven to 160°C.

Beef: Place the onion, chilli and ginger in a food processor and process until finely chopped. Add the stock, beer, soy sauce, brown sugar and Chinese five spice powder and process to combine.

Place the beef in a casserole dish and pour over the onion mixture. Cover with a piece of baking paper cut to fit and the lid.

Place beef in the oven and cook for 2½ hours until very tender. To thicken the sauce a little, place sauce in a heavy-based saucepan and cook over low heat until syrupy and the flavour intensifies.

To serve: Serve beef with the flat bread, vegetables, herbs and a drizzle of hoisin sauce and sesame oil. Scatter over peanuts.

Suggested cut



Quality Mark beef cross-cut blade steak

The following cut also works well in this recipe.



Quality Mark beef chuck steak

Tips & tricks

- + The beef can be made the day before and reheated – the flavour will only improve.
- + Dishes using beef provide an excellent source of the type of iron and zinc your body absorbs easily.
- + **Slow cooker** - cook on high for 4-5 hours or on low for 8-9 hours. To thicken the sauce if necessary, remove meat and pour the sauce into a heavy-based saucepan and cook over low heat until syrupy and the flavour intensifies.
- + Don't be put off by the cook time. This dish is all about the quick preparation and then let the oven take care of the rest.

*From the Beef + Lamb
New Zealand Nutritionist*

As we head into spring, I'm reminded the only constant is change. Whether it be the seasons and the adjusting of meals to reflect the outside temperature and daylight hours during the year, or our individual priorities as we evolve through our lifetime. The pace we live leaves little room to slow down this rate of change, and if, like me, you often find yourself asking "how do I keep up"?

It's a big question that can leave many of us feeling overwhelmed, particularly when it comes to keeping healthy or improving your well-being. We are bombarded with a myriad of products and messages and sometimes common sense prevails through the confusion, if the foundation of your healthy know-how is uncomplicated.

Keeping it simple is easier said than done though, in an environment of "my diet is better than your diet". We like to take the fuss and competitiveness out of it, recognising it's not just what we're eating, but how we're eating and encouraging a no-nonsense healthy relationship with food.

Our team loves providing meal inspiration and evidence-based nutrition advice that fits within flexible eating patterns that suit New Zealanders. This encompasses an approach to address the ever-changing trends and noise that questions what constitutes a healthy diet. We like to look at health and well-being as patterns – those of lifestyle and dietary. This means looking beyond single foods and food groups, and shifting the focus to how we live our lives.

The hero of our dishes, New Zealand Quality Mark beef and lamb are also undergoing change. That is a change for the better. We're always looking at how we can improve a quality product that delivers on taste, tenderness, nutrition and sustainability to suit you wherever you are in your constant stage of change.

Fiona Greig



Mexican-Style Mince

SERVES 4 PREPARATION TIME 20 MINS

COOKING TIME 50-60 MINS

Our Mexican-Style Mince is super versatile and can be paired with rice, tacos or wedges to name a few. For this recipe we've paired it with corn chips, sour cream and avocado.

Beef

500g Quality Mark beef mince
1 onion, finely chopped
1 carrot, finely chopped
1 stick celery, finely chopped
2 cloves garlic, finely chopped
1 teaspoon paprika
½ teaspoon chilli powder (or more to taste)
1 red capsicum, deseeded and finely sliced
400g can chopped tomatoes in juice
1 cup beef stock
400g can red kidney beans, drained

To serve

corn chips
sour cream
lemon or lime wedges
smashed avocado (avocado and lemon juice,
seasoned with a little salt)
fresh coriander sprigs

Beef: In a large bowl combine the beef mince, onion, carrot, celery, garlic, paprika and chilli powder.

Heat a dash of oil in a large heavy-based saucepan over medium-high heat. Add the beef mixture and brown, stirring continuously with a wooden spoon to break up the mince.

Add the capsicum, tomatoes and beef stock and bring to the boil. Season with a little salt. Reduce the heat, cover and simmer for about 40 minutes.

Remove the lid and add the red kidney beans. Cook for a further 10 minutes.

To serve: Serve with corn chips, sour cream, lemon or lime wedges and a bowl of smashed avocado.

Suggested cut



Quality Mark beef or lamb mince

Tips & tricks

- + Make the Mexican-Style Mince a day ahead and keep well covered in the fridge. The flavour will only improve.
- + When you hear the beef mince sizzling it has been browned.
- + Stirring the beef mince with a wooden spoon during browning will help to break up the meat ensuring even cooking.
- + Chop vegetables in a small food processor to shorten preparation time.

Ragout on Pappardelle

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 2-2½ HOURS

Revive your taste buds with our easy to prepare ragout. With all the ingredients combined in a casserole dish, let the oven take care of the rest. Enjoy meltingly tender beef on-top of cooked pappardelle and sprinkled with thyme leaves.

Beef

600g Quality Mark beef chuck steak
2 tablespoons seasoned flour
1 red onion, finely sliced
1 carrot, finely diced
1 cup red wine, optional
1 cup beef stock, or 2 cups if not using red wine
bouquet garni (see tip)
strip of pared orange rind

To serve

cooked pappardelle
2 teaspoons thyme leaves, roughly chopped

Preheat the oven to 170°C.

Beef: Cut the beef into about 2.5cm pieces and roll in the seasoned flour.

Heat a frying pan over medium-high heat. Add a dash of oil, then, in batches, add the beef and brown on both sides, transferring to a casserole dish as you go.

Add another dash of oil into the pan and add the onion and carrot. Cook until the vegetables are lightly golden. Pour in the red wine and allow to bubble up, scraping the pan with a wooden spoon. Add the beef stock, bouquet garni and orange rind. Bring just up to the boil, then pour over the beef in the casserole dish. The liquid should just cover the beef.

Cover the beef with a piece of baking paper cut to fit and the lid. Place in the oven and cook for 2-2½ hours or until the beef is meltingly tender.

To serve: Serve with cooked pappardelle and sprinkle with the thyme leaves.

Suggested cut



Quality Mark beef chuck steak

The following cut also works well in this recipe.



Quality Mark beef cross-cut blade steak

Tips & tricks

- + Bouquet garni - 1 bay leaf, 2-3 sprigs thyme and 1-2 parsley stalks tied together with kitchen string for ease of removal.
- + Ensure your casserole dish has a tight fitting lid to prevent liquid evaporating too quickly. Placing a disc of baking paper directly over the meat and sauce helps with this.
- + **Slow cooker** - cook on low for 8-9 hours. To thicken the sauce if necessary, remove meat and pour sauce into a heavy-based saucepan and reduce over medium heat until syrupy (or thicken with a butter and flour paste).

NO PAPPARDELLE?

This versatile recipe works well with any pasta you have available.





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Alternatively, email your answer to recipes@beeflambnz.co.nz or send a letter with your answer to: Beef + Lamb New Zealand Inc, PO Box 33 648, Takapuna, Auckland 0740

TERMS AND CONDITIONS:

Entries must be received by 27 November 2017.

Beef + Lamb New Zealand Inc will make the final decision on the winner. The judges' decision is final and correspondence will not be entered into. Letters and emails can only be chosen from those including full contact details (name, address, email and phone number). One entry per person.

Installation not included with giveaway. This is a built-in appliance, so needs to be fitted and installed correctly by an accredited installer.

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